What is claimed is:

1. A cultivation method of ipomoea aquatica, wherein the ipomoea aquatica roughly classified according to a color of flower and a width of leaf is further classified into types according to a difference of an entire shape of a leaf, a shape of leaf within 5.0 cm radius from a leaf base, and differences of shapes of leaves between each other on the same stem and thusly classified ipomoea aquatica is selectively cultivated.

2. The cultivation method of ipomoea aquatica as claimed in claim 1, wherein the object ipomoea aquatica to be classified is classified in such a manner that a kind of ipomoea aquatica of a narrow leaf such as a bamboo leaf or a green stem is further classified into type according to the shape of the leaf within a 3.0 cm radius from the leaf stem and an entire shape of the leaf.

3. The cultivation method of ipomoea aquatica as claimed in claim 1, wherein the classification excludes such kind of ipomoea aquatica including a plurality of leaves with a projection in the vicinity of the leaf base.

4. The cultivation method of ipomoea aquatica as claimed in claim 1, wherein the classification selects a kind of ipomoea aquatica having such leaves on one stem that a curved line of the end portion of the leaf from the leaf base and a leaf top continues from the leaf base toward the leaf top without creating the projected portion to cultivate such ipomoea aquatica.

5. A cultivation method of ipomoea aquatica, wherein the ipomoea aquatica is identified by its entirety including its roots in order to pick it up, a discoloration of the ipomoea aquatica after being heated is observed, and the roots that showed lesser discoloration are selected to cultivate.

6. The cultivation method of ipomoea aquatica as claimed in claim 5, wherein the task of selecting the roots is performed more than two times or periodically in a repeating manner.

7. The cultivation method of ipomoea aquatica as claimed in claim 5, wherein the selecting task of the roots is performed using a kind of ipomoea aquatice having such leaves on one stem that a curved line of the end portion of the leaf from the leaf base and a leaf top continues from the leaf base toward the leaf top without creating the projected portion.

8. An ipomoea aquatica, wherein the ipomoea aquatica is cultivated according to the method as claimed in claim 1 or claim 5.

9. An ipomoea aquatica, wherein such leaves are on one stem that a curved line of the end portion of the leaf from the leaf base and a leaf top continues from the leaf base toward the leaf top without creating the projected portion.

10. An ipomoea aquatica, wherein no discoloration into brown or black occurs after being heated or frozen.

11. The ipomoea aquatica as claimed in claim 10, further comprising such a leaf that a curved line of the end portion of the leaf from the leaf base and a leaf top continues from the leaf base toward the leaf top without creating the projected portion.

12. A processed food of the ipomoea aquatica, wherein the ipomoea aquatica as claimed in claim 9 or claim 10 is used as the raw material.

13. A processed food of the ipomoea aquatica, wherein a bud, a stem, a leaf stem and a leaf of the ipomoea aquatica from which the bud, the stem and the leaf stem which discolor after being heated are excluded are used as a raw material.

14. A vegetable preserving method, wherein an unprocessed vegetable of which leaf portion or stem portion are edible is supplied with water in such a manner at least one of a cut surface of the stem potion or a cut surface of the leaf stem is macerated, and the vegetable is distributed and preserved in this status.

15. The vegetable preserving method as claimed in claim 14, wherein the vegetable is subjected to a light shielding and kept at a temperature between equal to or more than 0℃ and equal to or less than 5℃ under a status at least one of the cut surfaces of the stem portion or the cut surfaces of the leaf stem is macerated.

16. A vegetable preserving method, wherein an object processed material after the blanching is macerated into cooling water or glazing water to which alcohol is added in order to cool or freeze the vegetable.

17. The vegetable preserving method as claimed in claim 16, wherein the cooling water or the glazing water is a solution to which alcohol is added and which is at a temperature equal to or less than 30℃.

18. The vegetable preserving method as claimed in claim 16, wherein the alcohol is an ethanol.

19. The vegetable preserving method as claimed in claim 16, wherein any one of oxalic acid, oxalic acid contents, amino acid, organic salt, phosphate and powder of arum root or food additive of a same kind of the powder of arum root are added to the cooling water or the glazing water together with the alcohol.

20. An ipomoea aquatica preserving method, wherein the ipomoea aquatica roughly classified according to a color of flower and a width of leaf is further classified into type according to a difference of an entire shape of a leaf, a shape of leaf within 5.0 cm radius from a leaf base, and differences of shapes of leaves each other on the same stem to select such ipomoea aquatica, and thus selected ipomoea aquatica after a blanching is macerated into cooling water or glazing water to which alcohol is added in order to cool or freeze the ipomoea aquatica.

21. The ipomoea aquatica preserving method as claimed in claim 20, wherein the selection is performed to mainly select the ipomoea aquatica having such a leaf that a curved line of the end portion of the leaf from the leaf base and a leaf top continues from the leaf base toward the leaf top without creating the projected portion.

22. An ipomoea aquatica, wherein the ipomoea aquatica is preserved using the preserving

method as claimed in claim 20.

23. A fish oil processed food, wherein the fish oil processed food is subjected to any one of a washing process, a smell removing process, an oxide removing process or an antioxidation suppressing process by using the ipomoea aquatica or an extract of the ipomoea aquatica.

24. A processed food, wherein the processed food contains caffeoylquinic acid, chlorogenic acid, dicaffeoylquinic adic, tricaffeoylquinic acid extracted from the ipomoea aquatica or derivatives thereof or extracts thereof.

25. A processed food, wherein any one of a cooling process, a maceration process, a block freezing process while supplying water, a glazing process is performed with respect to an object processed material after blanching using water selected form the water showing pH equal to or more than 8.0, a degree of hardness equal to or less than 100 and a dissolved oxygen equal to or less than 5.0 mg/L, the water showing the oxidation reduction potential of equal to or less than +200 mV, the hardness equal to or less than 100 and the dissolved oxygen equal to or less than 5.0 mg/L, the water showing the dissolved oxygen equal to or less than 4.0 mg/L, the water showing the oxidation reduction potential equal to or less than 0 mV, or the water to which alcohol is added, at a time immediately before or during the use of such water, in order to process the food.

26. The processed food as claimed in claim 25, wherein the object material to be processed is an ipomoea aquatica.

27. An extract of ipomoea aquatica, wherein the extract is extracted from the ipomoea aquatica using polar solvent and has an active oxygen eliminating ability.

28. The extract of ipomoea aquatica as claimed in claim 27, wherein the extract of the ipomoea aquatica is water containing water, oxalic acid or oxalate, and further containing polyphenol and vitamin extracted from the ipomoea aquatica.

29. A processed food, wherein any one of a cooling process, a maceration process, a block freezing process while supplying water, a glazing process is performed after blanching using water containing oxalic acid or oxalate in order to process the food.